

## **Carrot Breakfast Bread**

### **Ingredients**

- 1½ cup flour
  - ½ cup applesauce
  - 1 tsp cinnamon
  - ½ tsp nutmeg
  - ¼ cup vegetable oil
  - 3 eggs
  - 1 tsp baking soda
  - 1 tsp baking powder
  - ½ cup brown sugar
  - 1 cup carrots, shredded
  - 1 tsp vanilla
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### **Directions**

Preheat your oven to 350F. Grease and flour a loaf pan. Set aside.

In a large mixing bowl, combine all the dry ingredients with a whisk. Set aside. In a separate, medium size mixing bowl, combine all the wet ingredients, beating with an electric mixer until just combined. Pour the batter into the dry mixture and beat again until just combined. With a spatula, fold in the carrots. Bake for 40 – 50 minutes or until a toothpick inserted comes out clean.

## **Minty Peas and Carrots**

### **Ingredients**

- 1 tbspn EVOO
- 4 Carrots, cut into ½ inch dice
- 2 large shallots, halved and thinly sliced
- 1 lb frozen baby pease, thawed
- 2 tbspn thinly sliced mint leaves
- 1 ½ tbspns unsalted butter
- Kosher Salt
- Fresh Ground Pepper

### **Directions**

Heat the Oil in a large skillet. Add carrots and shallots and cook to medium heat, stirring frequently until the carrots are tender, about 8 minutes. Add the peas and cook, stirring until heated through, about 3 minutes. Remove from heat and stir in the mint and butter. Season with Salt and Pepper and serve cold.

## **Chilled Carrot Soup**

### **Ingredients**

- 2 tblspns unsalted butter
  - ¼ C diced onions
  - 2 pounds carrots, sliced ½ inch thick
  - 5 ½ C water
  - 1 tblspn honey
  - Salt and Pepper
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### **Directions**

Melt butter in medium saucepan over medium high heat. Add onion, and cook until softened, about 4 minutes. Add carrots, and cook for 2 minutes, stirring occasionally. Add water, and bring to boil. Reduce heat, and simmer until carrots are very soft, 25 to 30 minutes.

Filling a blender halfway and covering with kitchen towel, puree soup in batches. Stir in Honey and season with salt and pepper. Chill soup for at least 3 hours, Serve